




Emotional Literacy

Toolkit

Find the Perfect Words for How You Feel

Melody WILDING



Difficult Bosses. Passive Aggressive Colleagues. Conflicts With Your Partner.

Clear, assertive communication is essential to advancing at both work and home.

Yet many of us struggle when it comes to understanding and expressing our true feeling.

We may worry that expressing anger will lead to backlash. Or fear that saying we feel uncertain will make us look incapable.

If you're a sensitive person, you may have so many emotions going on at once that you just feel overwhelm. Instead of leaning into your emotional depth, you avoid it and shut down.

Labeling your emotions -- or emotional literacy -- can help you control your stress and feel less anxious.

Studies show that simply labeling your emotions reduces the hold they have on you.

The following list of emotional vocabulary words will help you identify, articulate, and communicate your feelings more accurately. In doing so, you'll gain heightened awareness of your emotions. This means you can master it proactively, rather than falling into self-sabotaging patterns.

Find the Perfect Word for Your Feelings

| | Happiness | Caring | Sadness | Inadequate | Fear | Confusion | Hurt | Anger | Loneliness | Remorse | Jealousy |
|---------------|---|---|---|---|--|---|---|---|--|---|--|
| Strong | Delighted Ebullient Ecstatic Elated Energetic Enthusiastic Euphoric Excited Exhilarated Overjoyed Thrilled Tickled pink Turned on Vibrant Zippy | Adoring Ardent Cherishing Compassionate Crazy about Devoted Doting Fervent Idolizing Infatuated Passionate Wild about Worshipful Zealous | Alienated Barren Beaten Bleak Bleeding Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grieved Grim Hopeless In despair Woeful worried | Blemished Blotched Broken Crippled Damaged False Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed up Whipped Worthless Zero | Alarmed Appalled Desperate Distressed Frightened Horriified Intimidated Panicky Paralyzed Petrified Shocked Terrified Terror-stricken Wrecked | Baffled Befuddled Chaotic Confounded Confused Dizzy Flustered Rattled Reeling Shocked Shook up Speechless Startled Stumped Stunned Taken-aback Thrown Thunderstruck Trapped | Abused Aching Anguished Crushed Degraded Destroyed Devastated Discarded Disgraced Forsaken Humiliated Mocked Punished Rejected Ridiculed Scorned Stabbed Tortured | Affronted Belligerent Bitter Burned up Enraged Fuming Furious Heated Incensed Infuriated Intense Outraged Provoked Seething Storming Truculent Vengeful Vindictive Wild | Abandoned Black Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned | Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wicked Wrong | Greedy Grasping Possessive Resentful Threatened Avaricious Gluttonous Green with envy |
| Medium | Aglow Buoyant Cheerful Elevated Gleeful Happy In high spirits Jovial Light-hearted Lively Merry Riding high Sparkling up | Admiring Affectionate Attached Font Fond of Huggy Kind King-hearted Loving Partial Soft on Sympathetic Tender Trusting Warm-hearted | Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed up Lost Melancholy Miserably Regretful Rotten Sorrowful Tearful Upset Weepy | Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Small Substandard Unimportant | Afraid Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired | Adrift Ambivalent Bewildered Puzzled Blurred Disconcerted Disordered Disorganized Disunited Disturbed Foggy Frustrated Misled Mistaken Misunderstood Mixed up Perplexed Troubled | Annoyed Belittled Cheapened Criticized Damaged Depreciated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistreated Resentful Troubled Used Wounded | Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irate Irritated Offended Ratty Resentful Sore Spiteful Testy Tickled off | Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left out Leftover Lonely Oppressed Uncherished | Apologetic Ashamed Contrite Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Repentant Shamefaced Sorrowful Sorry | Jealous Envious Covetous Threatened Demanding Desirous |
| Soft | Contented Cool Fine Genial Glad Gratified Keen Pleasant Pleased Satisfied Serene Sunny | Appreciative Attentive Considerate Friendly Interested in Kind Like Respective Thoughtful Tolerant Warm toward Yielding | Blah Disappointed Down Funk Glum Low Moody Morose Somber Subdued Uncomfortable Unhappy | Dry Incomplete Meager Puny Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful | Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Unsure Watchful Worried | Distracted Uncertain Uncomfortable Undecided Unsettled Unsure | Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy | Bugged Chagrined Dismayed Galled Grim Impatient Irrked Petulant Resentful Sullen Uptight | Blue Detached Discouraged Distant Insulted Melancholy Remote Separate Withdrawn | Bashful Blushing Chagrined Chastened Crestfallen Embarrassed Hesitant Humble Meek Regretful Reluctant Sheepish | Suspicious Insecure Distrustful Protective |



Enjoyed This?

This guide was born out of a need I heard from the thousands of smart, ambitious overachievers in my audience and from hundreds of my coaching clients.

I believe the tools and strategies in this guide will help you control stress and feel less anxious.

But to get the life-changing stuff, you've got to join us in the Facebook Group!

You've already taken the first step, so why not join a community of ambitious, likeminded high achievers who can also help you reach your potential?

If that sounds good, [click here](#) to access the private Facebook Group now.

